

Mental Health & Addictions Program Awareness Checklist

To succeed in the Mental Health and Addictions program, the following characteristics and attributes will help you give you an insight into the demands of a mental health and addictions program and help prepare you for success in the field.

Please conduct your own self-assessment by reading each of characteristics and attributes listed below to determine if a Mental Health and Addictions career is right for you.

Characteristics and Attributes		YES	NO
Academic Readiness	Do you have a high school diploma or equivalent?		
	Do you have a basic understanding of mental health and addiction concepts?		
	Are you able to review and evaluate information effectively?		
Personal Characteristics	Do you have empathy and compassion for individuals struggling with issues such as mental health and addictions?		
	Do you have a genuine concern for the well-being of others?		
	Do you the ability to understand other’s feelings and views?		
	Are you able to identify issues and develop solutions?		
	Are you able to build and maintain positive relationships?		
	Are you able to communicate in a respectful, honest and sincere manner?		
	Are you adaptable and flexible to adjust your approach to meet the needs of others?		
Ethical Understanding	Do you respect the rights of others?		
	Are you able to protect private information?		
	Are you able to maintain confidentiality?		
	Can you maintain trust?		
	Are you able to act in the best interest of an individual to promote health and well-being?		
	Are you committed to maintaining professional boundaries and ensuring ethical behavior?		
	Are you committed to maintaining professional integrity?		
	Are you committed to always following ethical standards?		

Characteristics and Attributes		YES	NO
Cultural Competency	Do you have an awareness of cultural backgrounds and experiences?		
	Are you sensitive to diverse backgrounds and experiences?		
	Do you respect all people regardless of backgrounds or experiences?		
	Are you able to work effectively with individuals from various cultures and backgrounds?		
Practical Experience			
Practical Experience	Do you have prior volunteer, work experience, or have you participated in a peer support or community group?		
Commitment to Learning			
Commitment to Learning	Are you willing to engage in continuous learning and professional development?		
	Are you open to feedback and self-improvement?		
Self-Care and Support			
Self-Care and Support	Are you able to manage personal stress and maintain emotional stability?		
	Are you ready to handle the demands of a Mental Health and Addictions program, along with completing field placements?		
	Do you have the emotional strength necessary to handle stressful and challenging situations?		
	Do you have access to a personal support network?		
	Are you aware of available mental health resources and are you willing to seek help when needed?		
Technical Skills			
Technical Skills	Do you have basic computer skills for research, assignments, and online learning platforms?		
	Are you able to articulate both verbally and in writing across a range of technologies?		

Note: Students require a clear Certificate of Conduct (Criminal Record Check and Vulnerability Sector Check). This Certificate can be obtained from the Royal Newfoundland Constabulary (RNC) or the Royal Canadian Mounted Police (RCMP).

References:

Canadian Addiction Counsellors Certification Federation. (2024, September 18). *Canadian Certified Addiction Counsellor (Twelve Core Functions)*. <https://www.cacfc.ca/ccac/>

Canadian Center on Substance Use and Addiction. (2024, September 18). *Behavioural competencies for Canada's substance use and mental health workforce (v.3)*. <https://www.ccsa.ca/sites/default/files/2023-11/Complete-Behavioural-Competencies-v3-en.pdf>

Canadian Center on Substance Use and Addiction. (2024, September 18). *Technical competencies for Canada's substance use and mental health workforce (v.4)*. <https://www.ccsa.ca/sites/default/files/2023-11/Complete-Behavioural-Competencies-v3-en.pdf>

Canadian Mental Health Association. (2024, September 17). *Compassion connects*. <https://cmha.ca/mental-health-week/toolkits/>

Canadian Mental Health Association. (2024, September 17). *The power of empathy*. <https://www.mentalhealthweek.ca/the-power-of-empathy>